

## HOW TO REDUCE BRAIN AND SPINAL CORD INFLAMMATION

IPS is constant pain with cardiovascular and endocrine dysfunction. IPS occurs when the initial cause of pain creates inflammation in the brain and spinal cord. This is called neuroinflammation.

Inflammation in the brain and spinal cord is what causes the worsening of IPS symptoms. Inflammation does its “dirty work” by burning out or damaging neurotransmitters systems such as dopamine, endorphin, cannabinoid, serotonin, and gaba aminobutyric acid (GABA).

Every person with IPS must attempt to control and reduce their brain and spinal cord inflammation.

To reduce brain and spinal canal inflammation, we recommend regular consumption of one or more of these natural herbal medicinal agents (non-prescription):  
Tumeric/Curcumin- Ashwagandha- Boswellia-  
Palmitoyethanolamine (PEA)- Traumeel®- CBD- Andrographis.

You can take any of these on different days or several together, as long as you use at least one DAILY.

### **Some Common Symptoms of Brain & Spinal Cord Inflammation**

- Constant pain
- Fatigue
- Amotivation
- Attention deficit
- Memory impairment
- Elevated blood pressure & pulse
- Social withdrawal
- Dietary change
- Weight gain
- Sugar craving
- Depression

Additional: If the disorder that started your pain and IPS ends in “itis”, you will need a periodic (e.g., 1-2 times a week) low dose of a corticosteroid: hydrocortisone, methylprednisolone, prednisone, or dexamethasone.

“Itis” conditions include arthritis, arachnoiditis, pancreatitis, cystitis, colitis, and myositis.



**You must have an  
inflammation reduction  
component as part of  
your IPS treatment  
program.**

**Don't rely on pain  
relievers alone.**



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